Warm Up Guideline

1. Your heart warm up should last at least 2 minutes and up to several minutes. It might include slow jogging, slow biking, slow elipticalling or a similar activity. Your goal is to gradually increase your heart rate and warm the large muscles of the body.
2. Do your heart warm up both before and after your muscle stretching warm up. The first gets the muscles ready for stretching and the second gets you ready for more vigorous activity after the stretching.
3. Stretch slowly and easily. Do not bounce, jerk or try to stretch too far. The warm up is meant to get you ready for your workout; it is not time for a flexibility workout.
4. When preparing for sports or other vigorous activities, include a few slow, easy movements that are similar to the activity you will do. For example if you are going to pitch for a baseball game you should warm up your throwing arm. Start by making a few easy, short throws. Gradually work up to longer, harder throws as your arm muscles become warmer and more limber.

Fitness for Life.

Dynamic stretches are best incorporated into your warm up routine before training or a competition.

More recently, clinical studies have shown that traditional static stretching exercise may be detrimental to sports involving powerful movements. Dynamic stretches seem to be more effective at reducing muscle stiffness, which is thought to increase the likelihood of muscle tears. For this reason, many coaches now advocate static stretching away from competition to increase range of motion, and dynamic stretching prior to performing for injury prevention and preparation

Sports Fitness Advisor

This warm-up will help you activate the major muscles involved in sprinting through a series of dynamic stretching exercises that also help with stability and mobility.

**Dynamic Stretches**

Perform one set of 10 reps of each of the following movements. The movements increase in intensity and range of motion as you get closer to positional drills.

**1. Walking Knee Hugs** (hip mobility and glute stretch).

**2. Dynamic Lunge with Rotation** (hip stretch/opener and T-spine mobility).

**3. Inverted Hamstring Stretch**(glute activation and hamstring stretch).

 **4.** **Hip Rotations** (active leg and hip stability of the standing leg).

**5. Lateral Lunges**(gluteus medius activation).

**6. Backward Skips**(glute engagement

**7.** **Inchworms** (activate and stretch the core—abs, back and hips—in a manner specific to sprinting).

**8.** **A-Runs** (increase intensity within the range of motion for sprinting).

**9. Backward Lunge Reach and Twist**(stretches the quads, hip flexors and psoas [a muscle in front of the hip that goes into the abdomen] and increases mobility of the hip, shoulder and T-spine).

 **10. Straight leg March** (dynamic hamstring stretching and hip mobility).

**11. Backpedal**

**12. Carioca**